

# **DROP 10 TODAY**

## **non-starchy vegetables**

Enjoy unlimited non-starchy vegetables, plain(raw or cooked), at any point during the day



Artichoke/artichoke hearts	Eggplant	Radicchio
Asparagus	Fennel	Radishes
Beets	Green beans	Rhubarb
Bok Choy	Jicama	Snow peas
Broccoli	Leeks	Spaghetti squash
Brussels sprouts	Lettuce	Spinach
Cabbage	Mushrooms	Sprouts (all varieties)
Carrots	Okra	Summer squash (yellow)
Cauliflower	Onions	Tomatoes
Celery	Peppers (all varieties)	Water chestnuts
Cucumbers	Pickles	watercress
Dark green leafy vegetables	Pumpkin	Zucchini